



SNAP Benefits Eligible Food Update

Allowed SNAP Benefits:

- Fresh, frozen or canned fruits and vegetables
- Beef, poultry and seafood
- Dairy products
- Bread, cereal, rice and pasta
- Eggs and plant-based proteins
- 100% fruit or vegetable juice
- Plain bottled water
- Coffee and tea prepared at home

Baked goods (such as cookies, cakes or muffins) and baking ingredients (such as chocolate chips or cocoa powder) are allowed.

Milk, milk substitutes, plain bottled water, 100% juice, coffee and drinks prepared at home are allowed.

Not Covered by SNAP:

Candy

Items marketed or sold as candy, including:

- Chocolate bars
- Hard candies
- Gummy candy
- Caramels
- Taffy
- Licorice
- Mints
- Chewing gum

Soft Drinks

Sweetened beverages, including:

- Carbonated drinks
- Bottled or canned drinks
- Flavored, sweetened water
- Energy drinks
- Sports drinks

The SNAP Healthy Foods Waiver went into effect Feb. 15, 2026.